



## Cocina y cultura (Spanish Edition)

*María Stoopan*

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# Cocina y cultura (Spanish Edition)

*María Stoopan*

## **Cocina y cultura (Spanish Edition)** María Stoopan

Cocinar es un acto cultural, un fenómeno que va más allá de aspectos netamente biológicos, nutricionales o, inclusive, gastronómicos. En la acción de mezclar distintos ingredientes para hervirlos o freírlos y, finalmente, comerlos, se involucran contenidos religiosos, tradiciones y rituales. Cocina y cultura es un libro que explora algunas de las formas en las que la comida y su preparación trascienden más allá del espacio culinario.

Si la cocina mexicana y su contexto cultural son temas centrales en este libro, para María Stoopan es imposible comprenderla sin abordar otras tradiciones culinarias. Se nos revela un crisol de usanzas, ingredientes y contenidos que conviven en nuestra gastronomía; conciliando los aspectos más trágicos de la Conquista y el proceso del mestizaje.

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